

# HEALTHY EATING

## December 13<sup>th</sup> is Ice Cream Day try some Upsidedown Berries & Ice Cream

If you're watching your weight and have put ice cream on your "don't eat" list, think again ...

Instead of a big dish of ice cream TOPPED by a handful of berries, enjoy a bowl of berries capped with a small scoop (about 1/2 cup) of ice cream.

ONE cup of a combination of blueberries and raspberries provides about 75 calories plus fiber, folate, potassium, vitamin C and antioxidants. A half cup of a light ice cream adds about 100 calories, as well as calcium.

With a total of around 175 calories for the fruit plus ice cream, your taste buds AND your waistline can be happy!

Source: food.unl.edu



## Healthy(er) Baking

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With the start of fall and winter, it's a great time to enjoy your warm, freshly baked goods! Baking is fun to do once chilly weather hits, however, many of those warm comfort foods can be detrimental to your healthy diet. Most baked goods are full of added sugars and trans fats and should be consumed sparingly. But I'm here to tell you that there are ways to increase the healthiness of your baked goods so you can feel good about your choice of dessert!

Many substitutions can be made in baked goods to cut down on the calorie, sugar, and fat content while still being delicious. Follow this chart for easy substitutions to try next time you get out your baking pans!

Instead of This...	Use This!
Butter, margarine, shortening	Unsweetened applesauce or prune puree
Cream	Fat-free half and half or evaporated skim milk
Full Fat Cream Cheese	Fat-free cream cheese, low-fat cottage cheese pureed until smooth, or Greek yogurt
Eggs	Two egg whites or ¼ c. egg substitute per 1 whole egg
All-Purpose Flour	Whole-wheat flour for half of called for flour
Evaporated Milk	Evaporated Skim milk
Whole Milk	Reduced-fat or fat-free milk

### Instead of This... Use This!

Sugar	Use half the sugar called for and add vanilla, nutmeg or cinnamon to add sweetness, use an artificial, no or low calorie sweetener, or mashed ripened banana
Syrup	Pureed fruit such as applesauce or low-calorie, sugar-free syrup
Sour Cream	Low-fat Greek yogurt
Baking Chocolate (1 oz)	3 T. unsweetened cocoa powder + 1 T. polyunsaturated oil

